

HELLO, LEFT BRAIN, MEET HEARTLINE ENERGY

by Rick Dawson

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"I don't know why I'm here. I never wanted to take this course."

It was a strange thing to say, on first meeting my fellow HEARTLINE participants, but it was true. Not even the warm coziness of the log cabin at the Roberts Mountain Retreat softened my tongue during that first introduction. I mean, I really was surprised to be there. Not that I had been kidnapped or anything. It was my voice that scheduled the course, my credit card that paid for both it and the transcontinental flight that got me to Virginia. But still, HEARTLINE!?

You see, I'm very much a left-brainer kind of guy. And I had been diligently stair-stepping my way through the TMI courses. After GATEWAY, it was only logical to take GUIDELINES, the second course created at the Institute. After GUIDELINES was LIFELINE, which I had finished a few months earlier. Obviously, the next course should be EXPLORATION 27, then BEYOND EXPLORATION 27. Finally, I would round out my education with MC2. It was all perfectly logical and efficient.

So what was I doing here in HEARTLINE? I know what you're thinking, because I thought it myself. In my imagination, I would be the only guy in the course. The rest of the class would be women who, during the course of the program, would reveal tortured pasts of emotional abuse, failed marriages, and severe illnesses. It would be one big mega-counseling session as each of these women connected with her heart and found healing. Ultimately it would all culminate in crying and prolonged group hugs while I sweated and prayed for boundaries. Or even worse, we'd have to share and everyone would expect me to reveal some deep emotional trauma of my own in order to properly join the group gestalt. This vision was, quite frankly, my idea of hell. And it was all wrong.

The group was actually split in half between men and women (as much as you could split an odd number of seventeen). I knew both of the trainers, one of whom was Penny Holmes—one of the motivating forces behind the course's very existence. Those of you who know Penny can understand why I was significantly relieved that she was going to be a trainer. Penny is

more likely to bring matters “down to the brown” (as she likes to say), and to ground them, than she is to move them up into the “La la” or deep into the touchy-feely. (Yes, the “touchy-feely.” My biggest fear of all!) And with Karen Malik as co-trainer, I know it would be an Ethel and Lucy, not a Jesse and Oprah, show.

What HEARTLINE turned out to be was the exploration of the energetic engine behind all the other TMI classes and the manifestations that occur during them. What do I mean by “energetic engine”? Well, HEARTLINE is described on the TMI website and literature as offering:

new approaches for removing the obstacles to love’s expression in our daily lives, as well as methods for exploring deeper levels of Self; for discovering one’s true self-essence.... HEARTLINE is a graduate program for those who are serious about looking within. It is about creating heartspace—self-love, self-trust, and non-judgmental acceptance. It is about allowing, understanding, and moving beyond feelings into the transcendental.

HEARTLINE is, indeed, all about love. But it’s not about “luuuuvv.” Think of love as an energy, and shed all the emotional overlay that we as a society have put on that tiny four-letter word. At its core, this energy-love is a powerful attractive force. It is quite subtle because we live in it all the time, and yet we rarely notice it until it is absent and then the loss of it can be profound. In some respects, love is energetically equivalent to gravity. Gravity is a powerful attractive force. It, too, is ubiquitous and irresistible. And if it suddenly went. . . absent, so would we. This kind of energy-love, love as an attractive force, is the kind of “love” that is explored in HEARTLINE.

Gravity is the foundation on which all physical constructions depend, but I propose that love is the foundation on which all psychic constructions depend. A desire to find proof of that understanding was why I signed up for HEARTLINE in the first place. There was a moment of profound realization during my LIFELINE course that all these Focus states were merely lenses that allowed us to peer into other dimensions. But any actions that we wished to take while in those states were motivated by—and only possible because of—some separate energy source that came from within and that was not intrinsic to the Focus states themselves.

So when I found myself “running out of gas” during programs, I waited for the Universe to tell me what to do about it. And the messenger turned out to be author Bruce Moen, who showed up at the end of LIFELINE for a talk. Bruce provided two significant and fundamental insights, the second of which I’ll paraphrase here: “If you want psychic development, find a memory of what it felt like to be in love. Dwell in that memory for as long as you can. Inevitably, that love energy will build up and, by itself, without any intent or control, it will charge and propel your

psychic senses. Love and psychic action or development is one and the same.” This was exactly what I needed to hear!

And which course was specifically designed to explore this “love” energy? HEARTLINE. And that’s why I found myself reluctantly sitting in the log cabin. I needed to kick-start my psychic abilities, and if it took sharing and group hugs to do it, then so be it!

Fortunately, the program was quite kind in that regard. Yes, each day would have one exercise that the trainers said would be “like a near-death experience” for some of us. And it did involve sharing, and once even (gasp!) touching. But do you know what? I had forgotten how quickly groups bond at TMI. A touchy-feely exercise with a group of strangers can bring on an anxiety attack, but the same exercise with a TMI group is a cakewalk. I even enjoyed those exercises.

HEARTLINE is an essential course for TMI graduates. HEARTLINE is not about “love,” it’s about connection. It’s not about expanding your affections to others in the group, it’s about making energy connections with them instead. And the fact that this energy connection is called “love” is almost misleading. True to the course description, HEARTLINE is about “looking within.” But it’s not so much about “self-love, self-trust, and non-judgmental acceptance” as it is about discovering how to tap into the very source of that love energy. HEARTLINE is about the heart chakra, and how to be centered and comfortable (for me that means being logical and left-brained) while still riding and using that super-charged emotional energy called love to propel my psyche deeper into the vast Unknown.

Those of you who, like me, do energy healing will find that HEARTLINE’s Focus 18 is an essential workspace. Unlike Focus 15 (where you can go to any when), or Focus 12 (where you can intuit any what), Focus 18 is the place where you can connect to any who. In Focus 18, you can find anyone, connect with them, understand the nature of their illness or need, and deliver the healing—effortlessly.

While the other TMI courses teach you how to navigate and steer through the vast unknown, it is the heartspace, or love-energy, that powers the engine that gets you to your destination. At the end of HEARTLINE I was functioning at a psychic level I had never achieved before. My energy healing, tarot cards, and psychic impressions were so over-the-top they often left me speechless. HEARTLINE is the hidden jewel of the TMI crown and I intend to take the course over and over again.

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